

Information Sheet

General

Ynysangharad Park is situated on the banks of the River Taff on the outskirts of Pontypridd Town Centre which is accessed via a footbridge. Ample car parking is available in the Town with a train station a short walk away.

The Race HQ is based at the Bowls Club building where there is toilet and changing facilities and ample space around the changeover area for club tents on the grass verges. Refreshments will be available in the upstairs room in the building. First Aid for the day will be based from this position, and deployed if required.

Course

The relay route is essentially the perimeter road/path around the park. There are a number of small tarmac speed bumps positioned on the loop. Most do not extend across the width of the road and have the central part removed allowing uninterrupted running. These will be sign posted and chalk will identify these at floor level.

IT IS THE ATHLETES RESPONSIBILITY TO FAMILIARISE THEMSELVES WITH THE COURSE PRIOR TO RUNNING.

Marshalls will be positioned around the course and will make every effort to inform pedestrians of the event, however please be alert to the public who equally have a right to use the roads/pathways. Extra Marshalls will be positioned outside the children's park.

The basic loop is 1450 metres approximately, with the extra loop increasing the distance to 1880 metres. If multiple loops are being run, it is the runners responsibility to be aware of change over times.

There is excellent visibility for a few hundred metres of runners approaching. Listen to PA announcements for information throughout the day. Athletes are requested NOT to warm up on the race route. There are ample alternative paths in the park or grass surfaces. Thank you.

Age Groups

Age groups will follow UK athletics rules, and club vests MUST be worn in championship races

Presentations

Presentations will be made near the HQ/changeover area as soon as possible following each event.

Transport

The A470 runs alongside the course, requiring exiting at the Sainsbury interchange. Car parking is in the town centre, with a nearby bus station and train station requiring a short walk.

Entry

Entry forms are available for download from the www.welshathletics.org with return to the Welsh Athletics Office NO LATER THAN MONDAY 10th MARCH 2014. Online entry is also possible from the website.

Primary School entry is available as a team/school or as an individual with entry also available on the day.

Note

There is a football match on the pitch just outside of the running lap, kicking off at 2:00pm, with pedestrians accessing this area in the prior period.